

MINDFUL MONDAYS

MINDFULNESS means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment in an accepting way. It is a mental state achieved by focusing on the present and living in the now.

NOVEMBER WEEKLY SCHEDULE

NOVEMBER 6th
MINDFUL WALKING

NOVEMBER 13th
MINDFUL BREATHING

NOVEMBER 20th
QI GONG

NOVEMBER 27th
COMPASSION MEDITATION

JOIN US!

Every Monday
Government Center
Fitness Studio @ 3pm
15 minutes

Invite Your Coworkers!
Wear Your Work Attire

*Not at the Government
Center?*

Email us and we will send you
step-by-step
instructions for
mindfulness activities!

ANY QUESTIONS OR SUGGESTIONS?

Email Us!
myhealthylifestyles@slco.org

